



**DIRECTORATE OF PREVENTION, RESILIENCE AND READINESS**



# YOU are a **LiGHT** in **SOMEBODY'S LIFE**

**Intervention through thoughtful probing builds a connection, so all parties understand the risk.**



**ASK**



**CARE**



**ESCORT**

## Resources for Suicide Prevention

The Army Suicide Prevention Program (SP2) provides resources for suicide prevention, postvention skills and support for those who have lost a loved one to suicide.

**Ask. Care. Escort. (ACE)** increases awareness of risk factors and warning signs:

- **Ask** if the person is thinking about harming themselves.
- **Care** about the person by listening and reassuring them that immediate help is available.
- **Escort** and encourage proactive use of resources.

**For Suicide Prevention resources, scan the QR code to the right.**



**988** SUICIDE & CRISIS LIFELINE

Calls inside the continental U.S.

- Dial 988 and press 1 for the Military Crisis Line

Calls outside the continental U.S. (OCONUS):

- Europe - call 00800 1273 8255 or DSN 118
- Korea - call 0808 555 118 or DSN 118
- Afghanistan - call 00 1 800 273 8255 or DSN 111
- In the Philippines, dial #MYVA or 02-8550-3888 and press 7

Text: 838255

<https://988lifeline.org/chat/>

**MILITARY ONESOURCE**

[www.militaryonesource.mil](http://www.militaryonesource.mil)

## Postvention



**Check in.**



**Stay in touch.**



**Show your support.**

**CONNECT TO PROTECT | SUPPORT IS WITHIN REACH**

**THIS IS OUR ARMY.**

**SPM**  
SUICIDE PREVENTION MONTH

@ArmyResilience   
[www.armyresilience.army.mil](http://www.armyresilience.army.mil)